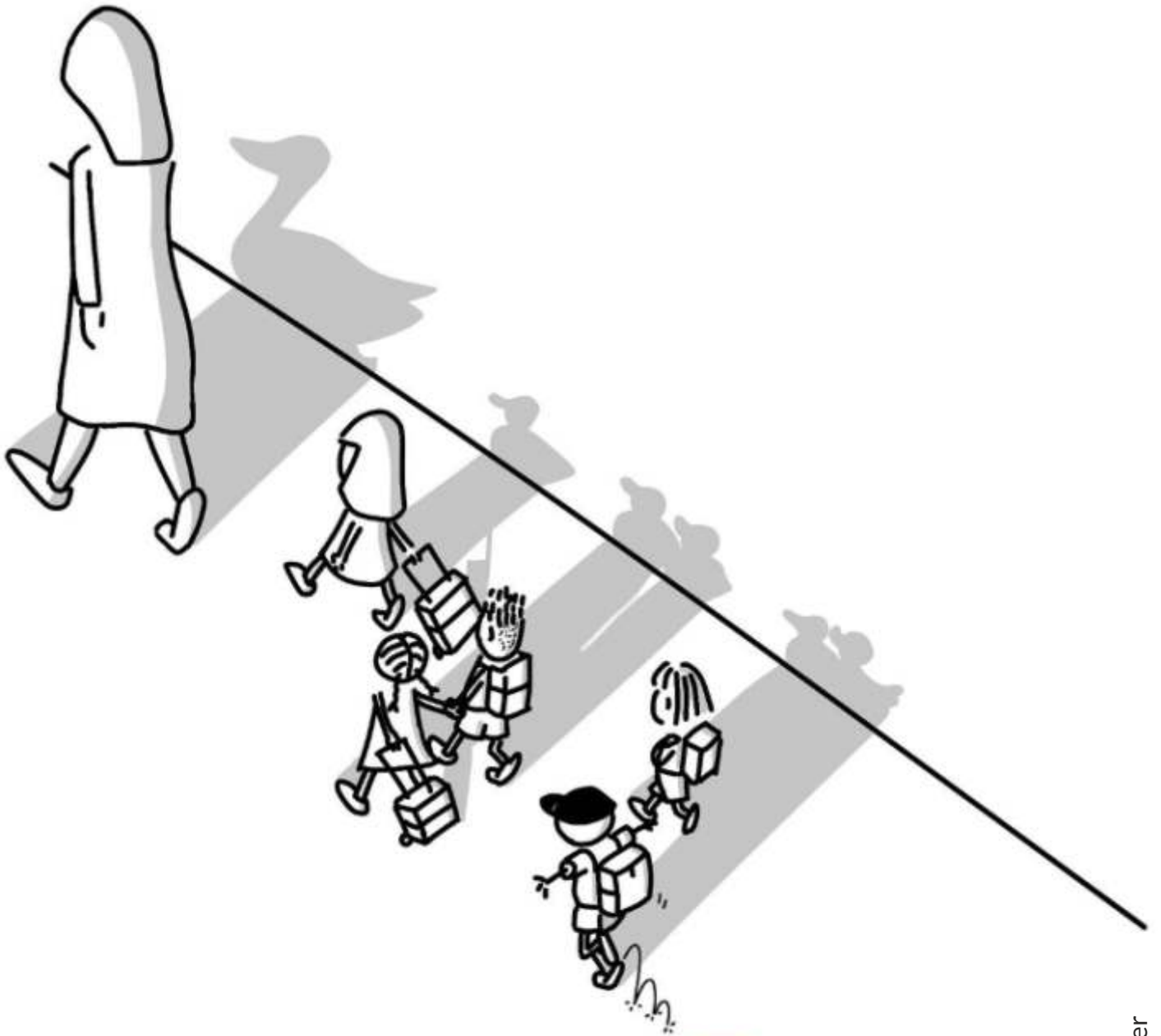




RI DISTRICT 3150



Pic@yo\_runner

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## Board of Directors (Year 2025-26)



**Rtn. Ranjay Goel**  
Club President



**Rtn. Rajhans Banka**  
Club Secretary



**Rtn. Sanjay Kabra**  
Club Treasurer



**Rtn. Anil Ratan Goyal**  
IPP



**Rtn. Pawan Tibrewala**  
Club Trainer



**Rtn. Samir Gupta**  
Vice President



**Rtn. Alok Ranasaria**  
Sergeant at Arms



**Rtn. Gaurav Nyati**  
Jt. Secretary



**Rtn. Manish Sharma**  
President Elect



**Rtn. Lokesh Jain**  
Club Admin



**Rtn. Sandeep Jhawar**  
Foundation



**Rtn. Srinivas Gummidelli**  
CSR



**Rtn. Rajesh Pamnani**  
International Service



**Rtn. K. A. Ramayya**  
Community Service



**Rtn. Gaddam Satish**  
Vocational Services



**Rtn. Tarun Rungta**  
Youth Services



**Rtn. Aniruddh Gautam**  
Membership

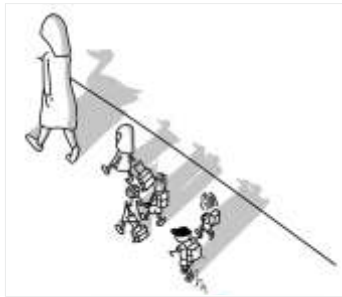
## Club Members in District Team

District Chairman Water & Sanitation  
**Rtn. K.A. Ramayya**  
9391132959  
ramayya\_ka@yahoo.com

District Chairman CSR  
**Rtn. Gumidelli Srinivas**  
9848005110

City Zone - 6 Service Projects  
**Rtn. Pawan Tibrewal**  
9000206633

City Zone 7 Special Aide  
**Rtn. Ravi Ladia**  
9985722713



It is difficult to get inside a little one's head and imagine what their teacher represents to them. She is a kind of complement to their family—for certain things, she even seems more important.

By: @yo\_runner

## Dialysis Analysis from 2023-26

Jul 2023 - Total Dialysis 506  
Aug 2023 - Total Dialysis 517  
Sep 2023 - Total Dialysis 525  
Oct 2023 - Total Dialysis 558  
Nov 2023 - Total Dialysis 564  
Dec 2023 - Total Dialysis 576  
Jan 2024 - Total Dialysis 583  
Feb 2024 - Total Dialysis 543  
Mar 2024 - Total Dialysis 539  
Apr 2024 - Total Dialysis 578  
May 2024 - Total Dialysis 634  
Jun 2024 - Total Dialysis 572

July 2024 - Total Dialysis 570  
Aug 2024 - Total Dialysis 535  
Sep 2024 - Total Dialysis 461  
Oct 2024 - Total Dialysis 464  
Nov 2024 - Total Dialysis 409  
Dec 2024 - Total Dialysis 441  
Jan 2025 - Total Dialysis 495  
Feb 2025 - Total Dialysis 433  
Mar 2025 - Total Dialysis 492  
Apr 2025 - Total Dialysis 488  
May 2025 - Total Dialysis 514  
Jun 2025 - Total Dialysis 492

July 2025 - Total Dialysis 534  
Aug 2025 - Total Dialysis 498  
Sep 2025 - Total Dialysis 511  
Oct 2025 - Total Dialysis 506  
Nov 2025 - Total Dialysis 491  
Dec 2025 - Total Dialysis 535  
Jan 2026 - Total Dialysis 553  
Feb 2026 - Total Dialysis 484  
Mar 2026 - Total Dialysis 543



## **With dams, rainwater collection, and purification systems, Rotary and Rotaract clubs help people access clean water**

Access to clean water and sanitation can determine whether a child gets an education. That's what Rotaract club members in the Ashanti region of Ghana learned when they explored ways to improve schools in their area.

The schools the club members visited faced water shortages and relied on contaminated water, resulting in high levels of diarrhea, dysentery, and other illnesses. There were no modern toilets, and girls didn't have private spaces for menstrual hygiene. The lack of water affected every aspect of the students' lives. The wide-ranging impact of water access is highlighted on the United Nations' World Water Day, observed on 22 March.

"Water bankruptcy is becoming a driver of fragility, displacement, and conflict," Tshilidzi Marwala, undersecretary-general of the UN, said in January. "Managing [water] fairly — ensuring that vulnerable communities are protected and that unavoidable losses are shared equitably — is now central to maintaining peace, stability, and social cohesion," Marwala said.

More than 2 billion people around the globe lack clean, safe drinking water. Helping people gain access to clean water and sanitation is a top priority for Rotary, which includes the issue among its seven main causes.

With a US\$57,000 global grant from The Rotary Foundation, members of the Rotaract clubs of Kumasi and Obuasi in Ghana brought clean water and sanitation facilities to eight schools in the Ashanti region. Their project installed around 80 microflush toilets and 10 urinals, constructed changing rooms for girls, and drilled borehole wells at two schools. Ghanaian Rotary and Rotaract clubs and Rotaract clubs in Turkey and the U.S. supported the initiative. It benefited more than 6,000 people.

Other recent Rotary projects in Mexico, Kenya, and the Dominican Republic highlight the far-reaching impact of water accessibility.

### **Clean water for the Rarámuri Mexico**

The Indigenous Rarámuri people live in isolated mountain villages in Mexico's Chihuahua state. They face high rates of infectious diseases, malnutrition, and infant mortality due to a lack of clean water. The villages are out of reach of existing water networks, and the terrain makes it virtually impossible to drill wells.

A global grant-funded project led by the Rotary Club of Chihuahua Campestre, Chihuahua, Mexico, installed rainwater collection and purification systems in two villages, bringing water to 54 families.



## **With dams, rainwater collection, and purification systems, Rotary and Rotaract clubs help people access clean water**

The project included masonry classes for residents, who took part in the construction. Women and girls no longer need to travel long distances to collect water. Partner organizations provided food and nutritional supplements for children, pregnant women, and older residents.

### **Sand dams for farmers**

#### **Kenya**

Residents of southeastern Kenya experience poverty and famine due to climate extremes and frequent, severe droughts. The Rotary Club of Embakasi, Kenya, led a global grant-funded project to construct sand dams, wells, and hand pumps for two subsistence farming communities.

The US\$88,000 project created sustainable water sources for around 3,000 people. It also trained farmers in crop diversification and rotation, tree nurturing and management, beekeeping, soil and water conservation, and livestock production. The initiative distributed drought-tolerant crop seeds, tree seedlings, and food preservation chemicals.

### **Providing for the House of Light**

#### **Dominican Republic**

Casa De Luz (“House of Light”) provides care for 40 orphaned and abandoned children with severe disabilities in Santo Domingo, Dominican Republic. The residence hospital relies on a well for water, but it’s not clean.

With a US\$117,000 global grant, the Rotary Club of Santo Domingo Bella Vista, Dominican Republic, installed a water purification plant at the hospital. The plant provides enough water for the hospital’s needs and a surplus that it can sell. In addition to training hospital employees to operate the system, the project established a distribution route for trucks to sell water throughout the community. Around 4,500 people benefited from the project.



Rtn. Rajesh Pamnani  
International Services (2025-26)  
+91 9849013175



## April in Rotary is observed as Maternal and Child Health Month—

A time to focus on one of the most vital aspects of community well-being: ensuring that mothers and children not only survive, but truly thrive. This theme lies at the very heart of Rotary's service ethos, reminding us that the strength of any society is reflected in the care and protection it extends to its most vulnerable. Across the world, Rotary continues to translate this commitment into action through medical camps, immunization drives, nutritional support initiatives, and strong partnerships with healthcare institutions. Efforts such as training healthcare workers, providing essential medical equipment, and improving access to prenatal and postnatal care are making a meaningful and lasting difference in countless lives.

For us as a club, April serves as a call to align our service priorities with these pressing needs and to design projects that create impact at the most crucial stages of life. It encourages us to engage not only through service, but also through awareness and collaboration, recognizing that every contribution—big or small—matters. Equally important is the spirit with which we serve. Rotary reminds us that true impact is not merely measured in numbers, but in lives transformed, hope restored, and dignity upheld. In serving mothers and children, we are shaping the future itself—and we must do so with dedication, humility, and unwavering commitment.

**Our Editors (2025-2026)**



**Ann Kanak Kabra**  
W/o Rtn. Sanjay Kabra  
Qualified Company Secretary, Sujok  
therapist, certified Angel Practitioner  
Executive Director (finance, HR and  
legal compliances) in Avishkar  
Industries Private Limited.

**Ann Rituu Gupta**  
W/o Rtn. Samir Gupta  
BA degree and Masters in Computers,  
I have kept myself engaged  
professionally in our consultancy firm  
for foreign education - providing  
solutions to students for education  
abroad.  
Professional consultant for Vastu,  
Crystal Healer and Numerologist.



**Ann Mamta Jhawar**  
W/o Rtn. Sandeep Jhawar  
Qualification B.com Hons in  
Accountancy from Kolkata University,  
but that was not an end to my learning,  
I aspire to learn something new  
everyday.

**Ann Lopa Mehta**  
W/o Rtn. Vikram Mehta  
I am an educator by profession and a  
people's person by heart. I enjoy my  
work and make sure to do my best each  
time.



**Ann Gaddam Rama**  
Rtn G Satish Manohar  
I am the founder of Cremon Buds, a  
Montessori school in Tirumulghery,  
Hyderabad. I have been recognized  
with several awards, including the  
Stree Shakti Award (2018) and Mrs.  
Hyderabad Perfect 2017 (Runner-up).

# CELEBRATING OUR ROTARY FAMILY

*Wishing joy and blessings to those who make our club special.*

*"The more you celebrate life, the more there is in life to celebrate."*

## APRIL



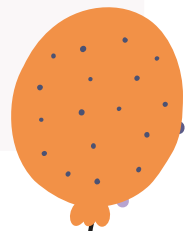
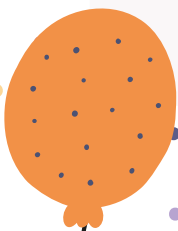
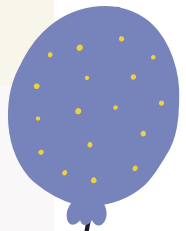
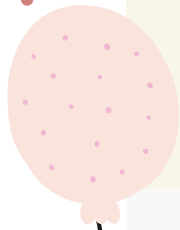
### HAPPY BIRTHDAY

- 03/04 - Rtn. Pankaj Agarwal
- 11/04 - Rtn. Rajesh Pamnani
- 13/04 - Ann. Sanju Giria
- 19/04 - Rtn. Mukesh Kumar Agarwal
- 19/04 - Ann. Lingampally Vyshnavi
- 22/04 - Rtn. Praveen Lunawath



### WEDDING ANNIVERSARIES

- 19/04 - Rtn. Mukesh Kumar & Archana Agarwal
- 22/04 - Rtn. Ajay & Sweta Agarwal





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**April - Maternal & Child Health**

Area of Focus: Maternal and Child Health Month. This month also includes the Birthday of Paul Harris on the 19th of April.

- Address the issue of Mal nutrition's in Children and Pregnant Women
- Develop a Hygiene Education program for school going children
- Conduct Awareness Seminars
- Provide Low-income, Underinsured women with the knowledge, skills and opportunities to improve their diet, physical activity, and other life habits to prevent, delay, or control chronic diseases
- Promote School Health
- Promote the adoption of physical activity in early child care centres, schools and work sites



**May - Youth Service Month**

- Youth Service Month, Rotary clubs of the world give special emphasis to the many Rotary-sponsored programs which serve children and young people.
- Sponsor New Interact / Rotaract Club
- Organise Drawing / Painting / Elocution competition in schools
- Awareness campaign about problems & need for survival of Future Generations



Our club has been assigned these positions in the district cabinet for RY 2026-27:

1. PP Srinivas Gumidelli: Distt chairman- Disease prevention and treatment.
2. PP Rajhans Banka: Regional chairman- Media Relations Golconda region.

This is in addition to the previously announced positions for

Ramayyaji (District Secretary appointments) and  
Rajesh Pamnani (District chairman Friendship exchange).

Congratulations to all.

Congratulations



Ann. Kanak Kabra

In continuation of the series “**Tech and society**” this time I have chosen how AI and new tech is shaping the way the healthcare industry functions. The article “**Leap of Faith: AI in healthcare**” has been named so because it takes faith to move mountains. AI in general is at a very nascent stage and to have the faith to integrate it into our healthcare indeed requires faith. When it comes to our health and life in general the stakes are considered high and to experiment with still evolving tech and try to integrate it into health and medicine requires faith and courage.

The statistics have been taken from internet but the views expressed here are my own. I have also included my own experience of use of AI in healthcare and I truly believe that it can revolutionise the healthcare industry.

Hope you enjoy reading it as much as I enjoyed writing it.

*“AI is perhaps the most transformational technology of our time and healthcare is perhaps AI’s most pressing application.” Satya Nadella*

As per an article published in World Economic Forum, 4.5 billion people are lacking access to basic healthcare services. There is an acute shortage of healthcare staff worldwide and as per an estimate by 2030 it could rise to a shortage of 11 million. In this grim scenario there is a flicker of hope. It is now believed that Artificial Intelligence has huge potential to bridge this gap.

For the last 2 years I have been personally getting my annual health investigations done from a centre which uses AI based tools to investigate and diagnose. I am amazed at the accuracy and depth of the results.

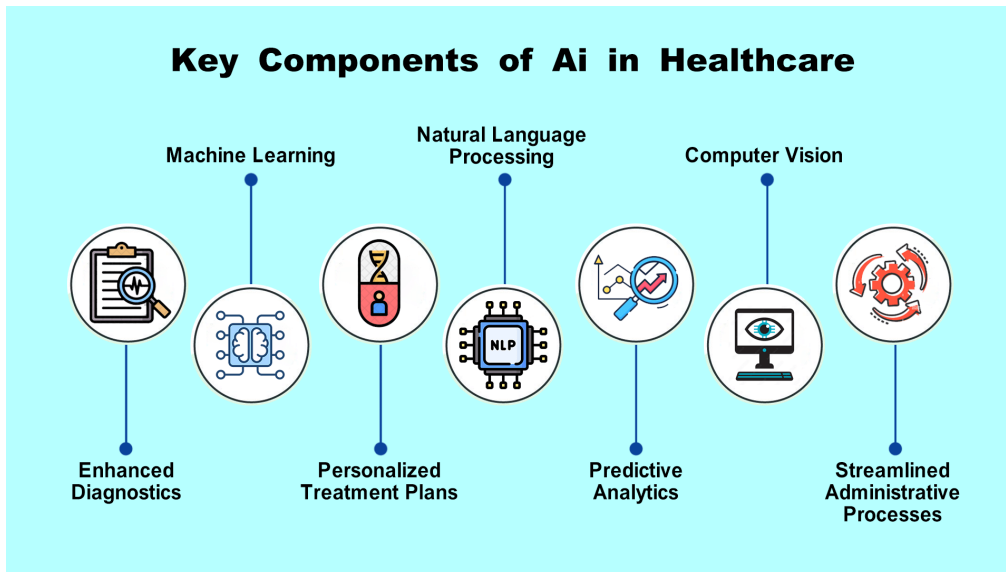
AI based tools are not only faster and accurate but are way ahead in detecting abnormalities with precision and thus helping us take timely remedial measures. This is making me go to the same centre for my tests as I am getting to rely on these results more than the conventional ones.



There are few areas in healthcare where AI is doing unbelievable like detecting the time line of an impending stroke or detecting bone fractures which could not be detected on x-ray machines. Likewise AI can now analyse signs and symptoms accurately and can predict the probability of the disease in future. This has come helpful in management of symptoms which could lead to diseases like cancers, epilepsy, brain strokes, Alzheimer’s, Kidney diseases, etc.,

Can you imagine been able to manage the symptoms so that it does not become a full blown disease?

This ensures that not only a person is saved from the physiological burden of suffering from a deadly disease, the financial burden on the patient by not been have to deal with the disease itself reduces.



Are we aware of robotics surgeries? Surely, we all are and it has become as popular as any other routine medical procedure. Imagine a surgeon sitting at a far way place and performing surgery here. Sounds unbelievable!!



These are just a few instances where we can see that approach to healthcare has been undergoing a paradigm shift and in years to come with full scale penetration of AI, the entire healthcare industry will have a new way to deal with everything. The flipside exists and it is still very debatable to use it. It's expensive and out of the reach of millions still. It can definitely be a meaningful addition to a lot of procedures but I believe it cannot replace need of human intervention entirely. There are discerning factors and human judgement will always score over AI as far as healthcare is concerned.

Only time will tell how far this can go and how much it can change but I feel it is going to be fantastic.

Sources:  
[www.weforum.org](http://www.weforum.org)  
[www.forbes.com](http://www.forbes.com)  
[www.oracle.com](http://www.oracle.com)

by Kanak Kabra.



Movie Fellowship on 19th March 2026





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Status of Approved CSR Projects of Rotary Club of Secunderabad Sunrise Service Trust :

1. Nexus Misonics Bone Scalpel and Tumour Removal System costing Rs. 1.2 Crores to NIMS Neurology Department.  
(Ordered and Delivery Expected in March)
2. Irillic Flourosense Imaging System for Non Invasive Breast Cancer detection costing Rs. 30 lakhs to MNJ Cancer Hospital.  
(Delivered and Installed)
3. Fischer & Paykel Humidifiers (10 nos) costing Rs. 12 Lakhs to Niloufer Hospital.  
(Delivered and Installed)
4. GE Giraffe Incubators costing Rs.36 Lakhs to Niloufer Hospital.  
( Order to be Placed)
5. GE Multi Para Monitors (10 nos) costing Rs. 30 lakhs to Niloufer Hospital.  
(Order to be placed)
6. Around 1000 Dual Desks costing Rs. 40 Lakhs to 20 Government Schools.  
(Order to be placed)
7. Shed construction at Abhilasha School costing Rs. 6 Lakhs.  
(Order to be placed)
8. Miscellaneous Items costing Rs. 4 Lakhs to Special Care School.  
(Order to be placed)

Hoping to execute all the above projects by the end of March/April 2026.

Rtn Srinivas Gumidelli  
CSR Director



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## Space and Magic with Crystals: Elevating Energy Beyond Vastu

In recent years, many people have begun to understand the importance of Vastu and how the spaces we live in influence our health, relationships, and prosperity. A well-aligned home creates stability, clarity, and flow. It supports progress and reduces unnecessary resistance in life. However, there is another powerful dimension that can further strengthen and accelerate the benefits of a well-balanced space. That dimension is the energy of crystals.

Space plays a foundational role in our well-being. Vastu ensures that the five elements, earth, water, fire, air, and space are balanced within a structure. When these elements are in harmony, life tends to move more smoothly. Yet, even in homes that follow good Vastu principles, people sometimes feel that progress is slow, emotions feel heavy, or opportunities seem delayed. This does not necessarily mean that the space is incorrect. Often, it simply means that the energy within that space needs activation and support. Crystals provide that additional layer of energetic reinforcement.

Crystals are not merely decorative objects. In the Vastu context, they can be understood as energetic tools, much like yantras, that hold and amplify specific vibrations. They work quietly but consistently, influencing the atmosphere of a room and supporting the emotional and mental state of the people living within it. When introduced thoughtfully into a home, crystals act as catalysts. They strengthen positive energy, stabilise the environment, and create a stronger connection between individuals and their surroundings.

Every part of a home serves a different function, and each space can benefit from a specific type of energetic support. In common areas such as the living room, where conversations happen and family members gather, crystals like amethyst help create emotional balance and calm communication. In workspaces or creative corners, crystals such as citrine are known to support focus, motivation, and productivity, making them especially useful for professionals, students, and entrepreneurs. In bedrooms, where rest and emotional connection are essential, rose quartz promotes compassion, self-love, and harmony, helping to create a peaceful and nurturing environment.

Financial stability is another area where energy support can make a difference. Spaces where money, valuables, or financial documents are kept represent security and future growth. Crystals like pyrite are often associated with confidence, strength, and financial resilience. When placed thoughtfully in these areas, pyrite symbolically supports stability and encourages disciplined financial decisions. Many practitioners also observe that combining pyrite with amethyst creates a balanced energy that supports both prosperity and clarity in decision-making.

The entrance of a home is equally important because it is the point through which energy first enters. A balanced entrance sets the tone for the entire household. Crystals such as clear quartz and black tourmaline are often used in these areas to maintain energetic balance and protection. Clear quartz helps amplify positive energy throughout the home, while black tourmaline supports grounding and shields the environment from unwanted or heavy influences.

## Space and Magic with Crystals: Elevating Energy Beyond Vastu



Children are particularly sensitive to the energy of their surroundings. At times, a child may appear restless, distracted, or emotionally unsettled without a clear reason. In such situations, gentle energetic support within the home can be helpful. Certain crystals are known to create a calming and stable environment, allowing children to feel more secure and focused. Even small adjustments in the energetic environment can bring noticeable improvements in emotional comfort and daily routines.

Ultimately, Vastu and crystals work together as complementary forces. Vastu aligns the physical structure of a space, ensuring that energy flows correctly. Crystals enhance that alignment by strengthening the relationship between the space and the people living within it. They act as bridges, helping energy move more smoothly and consistently.

A home is not just a physical structure; it is an energetic ecosystem that interacts with us every day. When the energy of a space is balanced and supported, life begins to feel lighter, clearer, and more stable. Sometimes, transformation does not require major changes. Small and intentional adjustments — such as introducing the right crystal into the right space can create meaningful shifts in well-being, relationships, and growth.

Because when space is aligned and energy is supported, life begins to move forward with greater ease and confidence.

Rituu Gupta  
Numerologist,  
Crystal Healer and Vastu Consultant  
rgindiarg@gmail.com  
6301126206  
Rituu's Crystal Wellness





**202/203, Chenoy Trade Centre, 2nd Floor, 116, Parklane,  
Secunderabad-500 003**

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And the moments that are unfolding before us!  
What a tragedy to see fanatics at the helm.

Which therefore behoves the idea that in the moments when no stance was taken, years of despair ensue!

This applies to our relationships too.

Where moments are engraved in our mind about what we let pass. How we gave too much benefit of the doubt to others. Didn't call out bad behaviour. Never drew boundaries. Refused to assert. Allowed our loved ones to get away with murder, etc.

And when we recollect those moments how do we feel?

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy", said Martin Luther King, Jr.

Concentrate on moments, the days then take care of themselves.



And look at the disharmony we are being subjected to because of those we unthinkingly and with no foresight brought into power!


A good indicator of how people 'will' behave is mostly to check what kind of lives they themselves lead and have led. Ask, are they always cribbing? Blaming everyone else instead of taking responsibility for their lives? Talking down others? Gloating about their lives? Desperate for the centre stage? Petty? Small-hearted? Small-minded? Bitching others out? Have no bone of compassion and empathy? The list is endless...

Few that have the capacity to be at 'ease' with who they are, are people to bet on.

And what is this 'ease'? It is the harmony between ideas of what makes for a good life and day-to-day behaviour. The synchronicity between what you say and do. The view that you will do unto others as you do unto yourself. The philosophy of live and let live. The focus on tilling your own garden rather than looking over your shoulder to see what others are upto. Again the list is endless...

Your life is a reflection of your 'harmony'!

Are you in consonance? Or is your dissonance very visible and you just refuse to see it? Worse still, we don't too!

 VARKHA CHULANI



"He who lives in harmony with himself  
lives in harmony with the universe."



Varkha Chulani

(Clinical Psychologist & Psychotherapist  
at Lilavati Hospital, Mumbai, Tedx Speaker)

Contact Info

Varkha's Profile

[linkedin.com/in/varkha-chulani-aab92424](https://www.linkedin.com/in/varkha-chulani-aab92424)

Website : [varkhachulani.com](http://varkhachulani.com) (Company)

Youtube : <https://www.youtube.com/@VarkhaChulani>

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# Rotary Club of Secunderabad Sunrise

## OURS PAST PRESIDENTS



**Rtn. Narender Gauri**  
- 2001-2002



**Rtn. Vaman Rao**  
- 2002-2003



**Rtn. Ajit Gandhi**  
- 2003-2004



**Rtn. Lokesh Jain**  
- 2004-2005



**Rtn. S.K. Verma**  
- 2005-2006



**Rtn. Rajesh Pamnani**  
- 2006-2007



**Rtn. B.S. Ravindranth**  
- 2007-2008



**Rtn. K. A. Ramayya**  
- 2008-2009



**Rtn. M. Chandra Sekhar**  
- 2009-2010



**Rtn. Dr.LR Surender**  
- 2010-2011



**Rtn. Shravan Malani**  
- 2011-2012



**Rtn. K. Amarnath**  
- 2012-2013



**Rtn. Phanindra Kumar**  
- 2013-2014



**Rtn. Bimal V Goradia**  
- 2014-2015



**Rtn. Sandeep Jhawar**  
- 2015-2016



**Rtn. Srinivas Gumidelli**  
- 2016-2017



**Rtn. Samir Gupta**  
- 2017-2018



**Rtn. Praveen Sharma**  
- 2018-2019



**Rtn. Pawan Kumar Tibrewala**  
- 2019-2020



**Rtn. Vijay Rathi**  
- 2020-2021



**Rtn. Ravi Ladia**  
- 2021-2022



**Rtn. Rajhans Banka**  
- 2022-2023



**Rtn. Krishna Narella**  
- 2023-2024



**Rtn. Anil Ratan Goyal**  
- 2024-2025



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**2025-26**

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